

WELCOME to the Allegheny National Forest Orienteering Course. Orienteering on this self-guided course allows you or your group to follow, at your leisure, a permanently marked route, as an introduction to the sport.

Permission to orienteer through the Hearts Content Scenic Area is a privilege. Please respect this fragile virgin timber ecosystem containing trees over 300 years old. To further explore this unique area, an interpretive trail is available, starting at the picnic area.

FINDING THE AREA – The Orienteering course is located at the Hearts Content Recreation Area, 15 miles southwest of Warren, PA. From the traffic signal at the intersection of US 6 and TR 3005 (Pleasant Drive) in Warren, turn south off US 6 and bear to the right. Follow TR 3005 about 11 miles to its junction with signed township road TR 2002 which leads 4 miles to Hearts Content. The Orienteering course starts at the picnic area.

ORIENTEERING – What is it? Orienteering is a recreation and competitive sport that involves using a map and compass to find your way in unfamiliar terrain. The object is to select and follow the best route to a series of designated points where markers (controls) will be located. The challenge results from the fact that the course is marked in no other way than the controls themselves. The fun, and the test, lies in determining the best and fastest route. In the sport’s competitive form, the controls must be found in the least possible time, and the course itself is not known beforehand. Orienteering provides an opportunity for full involvement by every member of the family improving your knowledge of geography and practical navigation, and enhancing physical and mental fitness as well.

INSTRUCTIONS – Here at the Allegheny National Forest, there are three courses to select from:

INTRODUCTORY - Controls 1 thru 10. 2.6 km. Designed for easy hiking, easy navigation. Use trails all the way.

INTERMEDIATE - Controls 21 thru 26 (plus 2 & 3 from Introductory course), 3.5 km. Designed to be easy hiking but more difficult navigation. Should be 80% on trails.

ADVANCED - Controls 31 thru 35 (plus #25). 3.4 km. Over 50% off-trail hiking and very difficult navigation.

These three courses are intended to be separate learning experiences. Only after you feel you have mastered a course should you move up to the next. A smooth and successful hike around each should take between one and two hours, depending on your pace.

To begin, familiarize yourself with the map and the symbols used. The controls will be at the centers of the red circles. Notice that the north-south meridians drawn over the map are already pointing to magnetic north. You’ll find that using the map for navigation is easier if you hold the map in front of you and rotate it until it is “oriented” to the features around you. Your compass helps in this orientation, but you may find the map is detailed enough that on the Introductory course, at least, you should not need a compass.

Set out to visit the controls in the sequence outlined on the Control Descriptions portion of this brochure. Both Start and Finish are at the Picnic Area parking lot.

As an example, consider an imaginary control #9. Suppose it is marked on the map like so:

Referring to the map legend, you note that the control location, the point at the center of the circle (a red circle on the map), seems to be at a trail intersection. To check the exact terrain feature on which the control is located (it could be the boulder instead), consult the description provided, and find the control location precisely described as follows:

#	Code	Control Description
9		trail junction

After selecting the safest route (usually making the most of trails), you carefully navigate your way to control #9. This challenging navigation will bring you within sight of the control post at the trail junction.



Taking a closer look, you notice there is a red decal at the top of the control post, with numbers on it. Taking an even closer look, you find the top number to be the Control Identification Number, “9”, followed below by a two-digit combination. This combination (“87” in the illustration) is the control code.



Recording this control code number in the appropriate box on your Control Description sheet, you provide proof of your visit to the control for later official verification.

#	Code
9	87

That’s it! You’re off to your next control, and so on to the Finish.

CERTIFICATION – When you have successfully completed any of these courses, you may obtain a certificate of completion either by mailing this tear-off form to US Orienteering Federation, or by presenting it at the Bradford Ranger District Office, or the Supervisor’s Office in Warren, of the Allegheny National Forest. The Certificate will serve as a lasting memento of your experience and will usually be honored by Boy Scout or Girl Scout Counselors as evidence of having fulfilled a part of the requirements for the First Class rank, the Orienteering merit badge, or the Finding Your Way achievement badge.

SAFETY – At the pace of a casual hike, any of these courses could take more than two hours to complete. It would be wise to consider this when setting off late in the day.

On the remote chance you become “hopelessly disoriented” you **MUST** at least remember whether you are generally east or west of the main road. If you are east, go due west to the road. If you are west, go due east to the road.

Forested areas contain natural hazards not normally encountered in developed areas. Please stay alert to possible dangers and remember that you are responsible for your own and your group’s safety.

The skill level of these courses are more difficult and you should be in good health to enjoy them. We encourage you to hike with at least one other person and to leave your itinerary with friends so they’ll know where to look if you don’t return on time or need assistance.

Be aware that this area is used heavily in the late fall and spring by hunters. It is a good idea to wear fluorescent colored clothing if orienteering during these time periods. We do ask that you practice “LEAVE NO TRACE – PACK IT IN, PACK IT OUT....” ethics while at a dispersed site. For sanitary disposal of wastes, dig a pit on flat ground at least 6 inches deep and at least 200 feet from water.

IN CASE OF EMERGENCY DIAL 911

Or contact Warren County State Police at (814) 723- 8880. You may contact the authorities through the campground host at Heart’s Content, or if they are unavailable the nearest pay phones are at the Cherry Grove Volunteer Fire Department or in Sheffield, 11 miles to the east of the trailhead.

The nearest hospital is located in Warren, 15 miles to the north. The pump water in the developed recreation areas is safe for drinking. Water from any other sources should be boiled before consumption. Please report any unsafe trail conditions such as downed trees and missing signs or trail markers directly to the Bradford Ranger District.

TREAD LIGHTLY! is an educational program dedicated to increasing awareness of how to enjoy the outdoors while minimizing impacts.

TREAD LIGHTLY! PLEDGE:

- Travel and recreate with minimum impact.
- Respect the environment and the rights of others.
- Educate yourself, plan and prepare before you go.
- Allow for future use of the outdoors, leave it better than you found it.
- Discover the rewards of responsible recreation.

Land stewardship ethics courtesy of Tread Lightly! (tlinc@xmission.com)

VOLUNTEERS – This orienteering course was developed by the generous donation of time, expertise, and funding by the Delaware Valley Orienteering Association. Bob Putnam and Kate Putnam completed the field work and Ann Merriam did the cartography. Without the help of volunteers, this course would not exist today. If you, a friend, or your club is interested in volunteering to help maintain this trail, please inquire at the Bradford Ranger District office.

CUSTOMER SERVICE – The Warren area offers food, lodging, and gas.

FOR MORE INFORMATION about this Orienteering course and other Forest opportunities, please contact:

Bradford Ranger District Star Route, Box 88 Bradford, PA 16701 814-362-4613 814-368-8116 TTY	Northern Alleghenies Vacation Region 315 2nd Avenue P.O. Box 804 Warren, PA 16365 814-726-1222 800-624-7802 <i>www.northernalleghenies.com</i>
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Forest Supervisors Office Allegheny National Forest
222 Liberty Street
Warren, PA 16365
814-723-5150 • 814-726-2710 TTY
www.fs.fed.us/r9/allegheny

OR, to find out more about Orienteering in general, mail this form to: **US Orienteering Federation**, Box 1444, Forest Park, GA 30051

Name _____

Address _____

City _____ State _____ Zip _____

ENJOY THE TRAIL!

This brochure can be obtained in large print at the Allegheny National Forest, P.O. Box 847, Warren, PA 16365, (814) 723-5150.

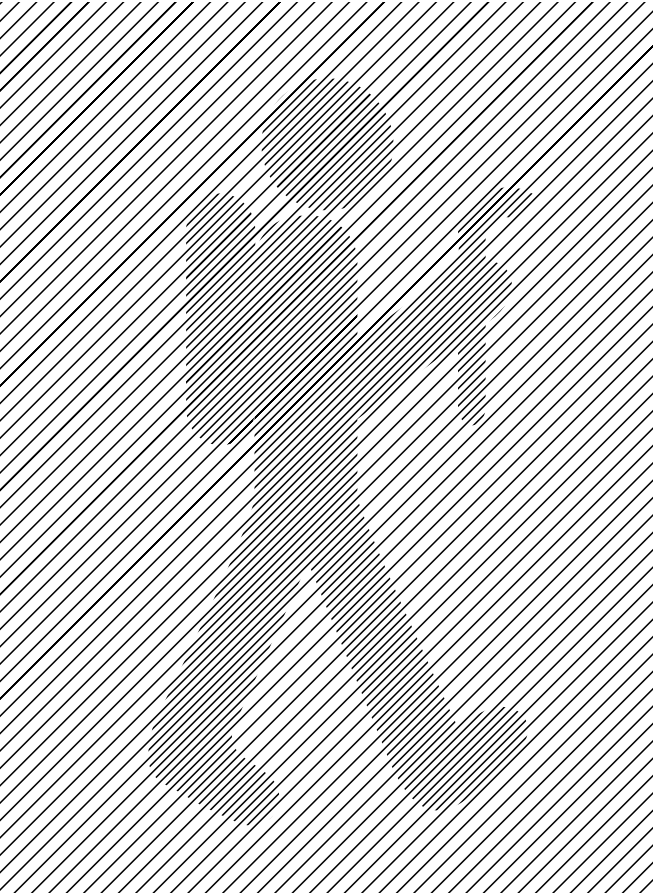
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Orienteering

Hearts Content Recreation Area



Allegheny National Forest

U.S. Department of Agriculture
Forest Service



ALLEGHENY NATIONAL FOREST
LISTS OF CONTROL DESCRIPTIONS

Introductory Course Length = 2.6 km		
#	Code	Control Description
1		blue blazed trail to fenced area, north tip
2		trail bend, east side
3		short spur in trail, west end
4		shelter, northeast corner
5		corner of pine plantation boundary
6		clearing, south end
7		junction of trail and shallow ditch
8		pine plantation boundary, west tip
9		power lines junction
10		junction, trail and pine plantation boundary
From point 10 to start/finish is about 300 m.		

Intermediate Course Length = 3.5 km		
#	Code	Control Description
3		short spur in trail, west end
2		trail bend, east side
21		junction stream and trail, south side
22		between the gullies, on spur
23		broken clearing, northeast corner
24		clearing, southwest corner
25		boulder, 3 meters high, east side
26		clearing, between the utility poles
10		junction, trail and pine plantation boundary
From point 10 to start/finish is about 300 m.		

Advanced Course Length = 3.4 km		
#	Code	Control Description
31		intermittent stream bend
32		stream junction, west side
25		boulder, 3 meters high, east side
33		spring outflow, east side
34		plantation boundary, northeast corner
35		trail bend
From point 35 to start/finish is about 600 m.		

These lists will help you locate the control markers, and are the means by which completion of a course is verified. Simply write the code number of each control in the space provided.

Name(s) _____

_____ Date _____

Please recycle or reuse your brochure. Enjoy your visit!

